



## **A MINUTE OF HEALTH WITH CDC**

### *Flu-Free Babies and Moms*

*Influenza Vaccination Among Pregnant Women — United States, 2010–11 Season*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

During pregnancy, women are at increased risk of severe illness from influenza, including going into labor too early, getting severe pneumonia, and, in rare cases, death. Newborns are also at high risk for severe illness from the flu. A pregnant woman should get the flu vaccine to protect herself and her baby, through the first six months of life. The flu shot has been given to millions of pregnant women over many years. It's safe for mom and baby and can be given at any time during pregnancy.

If you're pregnant or thinking about getting pregnant, ask your health care provider about getting the flu vaccine.

Thank you for joining us on A Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*